

Positron Emission Tomography (PT) Sarcoid Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** Your fasting blood glucose levels MUST BE lower than 11mmol/L. If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca
- **Consult your primary care provider:** If you're claustrophobic or require a sedative (Ativan), consult with your doctor before proceeding with your appointment.
- **Consult your Home Parenteral Therapy Program (HPTP) provider:** If you are receiving home infusion therapies (antibiotics), consult your HPTP provider. Infusion therapies containing sugar must be stopped for a minimum of 6 hours before you arrive.
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD and it is in the area being imaged, the device may be damaged during your appointment. If the device is imaged, you will need to do finger prick readings, along with your CGMD readings, to ensure it is not damaged.
 - Alberta Health Services will not cover the cost of a replacement CGMD.
 - If you do not know if you need to remove your device or cannot follow these instructions, contact Diagnostic Imaging at the number provided above.

DAYS before your appointment:

36 Hours Before

- No strenuous exercise (no jogging, weightlifting, etc.).
- You MUST follow the food restrictions below. If you are unable to do so, contact Diagnostic Imaging at the number provided above. If you do not follow these guidelines, your appointment will be rebooked.

ALLOWED FOODS

Meats/Proteins

- Meat, poultry, fish, seafood, and eggs without breading or fillers. Cook by frying, boiling, baking, or grilling. Do not use sauces or marinades. Prepare only with foods from the ALLOWED list.

Dairy

- Hard cheeses with less than 1 gram of carbohydrate per 30 gram serving.

Oils/Butter

- Vegetable oil, margarine, and butter.

Drinks

- Water, coffee, and tea (no milk or sugar), diet pop and diet drinks (with 0 grams of carbohydrate).

Sweeteners

- Cyclamate and aspartame only.

Condiments

- Salt, pepper, single herbs or spices, white vinegar, and plain yellow mustard.

NOT ALLOWED FOODS

Meats/Proteins

- Processed and sweetened cured meats (sausage, deli meat, sweet ham, or bacon), breaded meats, nuts, dried beans, peas, and lentils.

Dairy

- Milk, yogurt, cream cheese, ice cream, processed cheese, milk alternatives (rice, soy, oat, coconut milk), and hard cheese that has more than 1 gram of carbohydrate per 30 gram serving.

Oils/Butter

- All nut butters.

Fruits/Vegetables

- All vegetables, fruits, fruit juices, and vegetable juices.

Starches

- All bread, grain, rice, pasta, cereal, granola bars, and baked goods like cookies, crackers, and pastries.

Confectionary

- Candy, gum, lozenges, mints, and cough drops.

Drinks

- Alcoholic beverages, sodas, and sports drinks.

Sweeteners

- Sugar, dextrose/glucose, fructose, sugar alcohols (xylitol, sorbitol, erythritol, mannitol), sucralose, stevia, and all other sweeteners unless listed in the ALLOWED section above.

Condiments

- Mayonnaise, ketchup, sauces, honey, jams, jellies, maple/apple butter, salad dressings, pickled items, balsamic and flavoured vinegars, flavoured mustards, seasoning mixes, and all other condiments unless listed in the ALLOWED section above.

Supplements

- Nutritional supplements and vitamins containing sugar and sweeteners.

Medications

- If you take any medication containing sweetener, consult with your doctor before proceeding with your appointment.

HOURS before your appointment:

12 Hours Before

- Nothing to eat or drink, except for plain water.
- No chewing gum, hard candy, mints, and lozenges.
- No caffeinated drinks, flavoured water, and fruit infused water.
- No over the counter medications containing sugar, such as cough syrup.
- Drink a minimum of 1 litre (4 cups) of water in the hours before your appointment. Use the washroom when you need to. A full bladder is not required.
- Continue to take prescribed medications on any empty stomach if tolerable, as directed by your doctor.

BRING to your appointment:

- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer.
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be injected with a radioactive tracer, which will make parts of your body more visible in images.
- Your appointment may take up to 3 hours.

Please note: When you arrive for your appointment, there is a small chance it might need to be rescheduled. This can happen if there are unexpected issues with the radioactive tracer that are not known before you arrive.